



**PROGRAMME SUMMARY
REPORT**

Episode 35

Date: 30th March, 2022

Presenter: Sule Musa Maiyare

Discussion: Ramadan: Period of Reflection and Good Practice among Youths

Discussants: Gwani Dr Ibrahim Ilyasu Imam (lecturer Maitama Sule University and Chief Imam Ubaid Ibn Ka'ab Foundation) and Sulaiman Isa Muhammad (student Bayero University Kano)

PREMISE

Ramadan is a month of fasting that entails abstinence from eating drinking, sexual intercourse during the days and other illicit acts from dawn till sunset. This is aimed increasing piety therefore it is month of reflection and self appraisal this is so because our attitude or character has a profound effect on our wellbeing and what our society or nation is. If we have good attitudes/character the nation will be good and vice versa.

ISSUES

Some of the habits we need as we welcome the Holy month is smiling to people around us in order to make them feel safe. This is a month where we learn to be generous no matter how little what we have seem. According to psychologist self perception (self esteem), stress/time management, greed, lack of good mentors and temptation of unhealthy patterns are some of the things that make us fail in the month of Ramadan and beyond

MORE ISSUES...

..All these can also be corrected if one should sincerely and religiously follow the blueprint of the holy month.

Self perception refers to how we see and feel about ourselves. If this poor we tend to perform badly because we drowned in feeling sorry for ourselves. With Ramadan we get to learn that we are all equal in the sight of the creator and that we all have a purpose in life.

...MORE ISSUES.

...Stress/time management are a problem because youths spend more time doing things that are irrelevant like excessive social media, watching of movies, backbiting etc. which will at the end of the day stress them out and waste their precious time. Ramadan comes to correct this and teach proper time management in the process.

RECOMMENDATIONS

Greed is one of the reasons we have failed as a society hence, Ramadan teaches generosity which results in a healthy society where love prevails, a society free of envy and evil plot against one another.

Having a good mentor is one of the pillars which breeds good habits, we learn about the prophet S.A.W and his companions, how they lived with each other and other members of their various communities in Ramadan.

This will help us live in peace and harmony. Other unhealthy temptation Ramadan checks include various addictions like smoke, hard drugs, football etc.

Lastly Ramadan teaches patience, physical and mental health, good nutrition and help in keeping good companions (friends). Though there is a lot to be done in making the youths better we are stilling doing well when compared to other parts of the world.

Recommendations

- 1.The youths should continue to seek both Islamic and Western education
 - 2.We should always be with good friends that can have a positive influence on our lives
 - 3.Less time should be spent on irrelevant activities
- Role models/mentors should be chosen from the best of the best not just random

Presenter and discussants hasken matasa

